

UNC School of Social Work
CLINICAL LECTURE SERIES 2019-2020

Skill in Action: The intersection of yoga and social justice

A presentation by **Michelle Johnson, LCSW**

Monday, September 23, 12-2pm

UNC School of Social Work Auditorium
Light refreshments and sign-in open at 11:30 am

This workshop focuses on contemplative practices, including meditation and yoga, which allow us to work with sensations, toxic thought patterns, cultural conditioning, overwhelm, and anxiety through mindfulness and thoughtful care. Participants will deepen tools for self-care, psychotherapeutic work, and collective action through a deeper understanding of the relationship between yoga and creating change.



Michelle Johnson, LCSW, E-RYT 500 is an activist, psychotherapist, experienced yoga trainer, race equity trainer, author, and social change influencer. She has spent many years on the front lines of justice movements and as a yoga teacher, craving a way to bring these together. In 2013, Michelle created *Skill in Action*, a training program, focused on the intersection of social justice and yoga.

**FREE for UNC School of Social Work students, faculty, staff, field instructors & task supervisors.
All others: \$25/in-person, \$35 for live-stream. 2 CE available for each lecture.**

PRE-REGISTRATION IS REQUIRED.

For more information and to pre-register, please visit <http://cls.unc.edu>. Questions? Contact Debbie Barrett at / dbarrett@unc.edu or Carol Ann Hincy at 919-962-6540 / chincy@email.unc.edu